

Health & Fitness

FEATURES

The Courier-Journal



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THURSDAY
APRIL 12, 2012

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Annie's Mailbox D5 | Comics D4 | TV D5

THE BUZZ

NEWS & NONSENSE
Compiled by
Christa Ritchie



PETA drama

PETA is not too pleased with **Jennifer Lawrence**.

In a recent interview with Rolling Stone, "The Hunger Games" star opened up about her squirrel-skinning scene from "Winter's Bone," the 2010 flick that earned her a Best Actress Oscar nomination. According to the Louisville native, that moment was the real deal.

"I should say it wasn't real, for PETA," she told the mag. "But screw PETA."

PETA didn't find Lawrence's joking remark funny.

"When people kill animals, it is the animals who are 'screwed,' not PETA, and one day I hope she will try to make up for any pain she might cause any animal who did nothing but try to eke out a humble existence in nature," PETA President **Ingrid Newkirk** said in a statement to E! News.

Food for thought

In response to a widespread public backlash, actress **Alicia Silverstone** is defending her practice of pre-chewing her son's food.

"I wasn't trying to be independent or cause such a ruckus. I'm very glad that I did it," she tells Radar Online. "People have been feeding their kids that way for thousands for years. It's a weaning process."

The "Clueless" star weathered heavy criticism after she posted a video showing her chewing a spoonful of food, then passing it open-mouthed to her 11-month-old son, **Bear Blu**.

BIRTHDAYS

Actors, etc.	Musicians, etc.
Andy Garcia 56	David Cassidy 62
Shannen Doherty 41	Vince Gill 55
Claire Danes 33	Talk-show host David Letterman 65

QUOTE OF THE DAY

"My new show airs tomorrow and I hear we're in the same time slot. I've always dreamed of sharing a night with you."

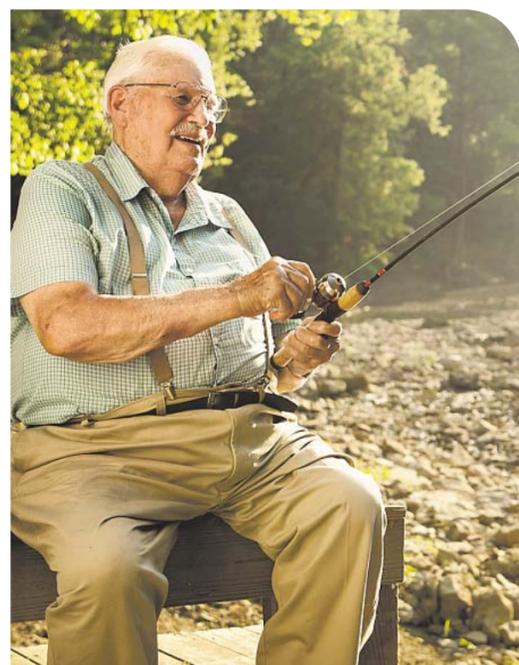
BETTY WHITE, who just joined Twitter Tuesday, joking in a tweet about "American Idol" host **RYAN SEACREST**

A-LIST EVENT

UNIVERSITY OF LOUISVILLE STRING CHAMBER ENSEMBLES

When: 7 p.m. today
Where: Bird Recital Hall at the U of L School of Music, First Street and Brandeis Avenue
Admission: Free

Reach Christa at critchier@courier-journal.com or (502) 582-4144. Find a week of "The Buzz" at courier-journal.com/buzz



Now, where did I put that ... ?



THINKSTOCK.COM

Take steps to find out cause of memory lapses

By **Darla Carter**
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The Courier-Journal

If you've ever forgotten where you left the remote, your keys or your cell-phone, then you know how frustrating memory lapses can be.

Some memory problems are par for the course, especially with aging.

"Our ability to take in new information and to remember it over time does decline a little bit as we get older, and we call that age-associated memory impairment," said Brad Folley, a clinical neuropsychologist with the Norton Neuroscience Institute.

But how can you tell whether your memory lapses — or a relative's — are normal "senior moments" or something more serious?

To help answer that question, the Norton Neuroscience Institute will host a free seminar featuring Folley on Tuesday at Norton Brownsboro Hospital.

"I see so many individuals in the community who are worried about their memory function," said Folley, the institute's director of medical psychology and neuropsychology.

Many conditions — from Parkinson's disease to vitamin B12 deficiency — can lead to memory problems, Folley said.

See **MEMORY**, Page D2

SEMINARS

» The Norton Neuroscience Institute will host a free seminar from 6 to 8 p.m. Tuesday. The talk, "Remembering and Forgetting: Is My Forgetfulness Normal — or Something More?" will be at Norton Brownsboro Hospital, 4960 Norton Healthcare Blvd. For more information: (502) 629-1234.

» A free seminar on dementia and how it affects people will be 6-7 p.m. Tuesday at Arden Courts of Louisville, 10451 Linn Station Road. Registration begins at 5:30 p.m. Seating is limited. Reservations: (502) 423-8776.

LEARN MORE

» **Alzheimer's Disease Education and Referral Center:** www.nia.nih.gov/alzheimers
» **List of anticholinergic drugs:** <http://bit.ly/n1tYDh>
» **FDA Expands Advice on Statin Risks:** <http://1.usa.gov/x3VO6H>

HEALTHY KIDS

Fatty liver disease confronts obese youths

By **Blythe Bernhard**
St. Louis Post-Dispatch

ST. LOUIS — Jake Watters is a typical teenager who loves listening to music, playing video games and annoying his parents. But he also faces a health challenge that used to be seen only in much older people.

Fatty liver disease, a condition historically diagnosed in adults with diabetes or alcoholism, is increasingly diagnosed in obese children and teens.

See **LIVER**, Page D3



Jake Watters, 16, is in early stages of liver fibrosis and has enrolled in a treatment study for pediatric liver disease. MCT

WHAT'S NEW ON OUR BLOGS



» **Take advantage of** free, painless oral cancer screenings at Louisville Slugger Field Monday. Learn more at www.courier-journal.com/healthbytes.

» **Get in shape** with Jessie Halladay, the Accidental Athlete, on her blog at www.courier-journal.com/accidentalathlete.

THROW AWAY ARM AND HAND PAIN

Tuesday, April 24 • 6 to 7:30 p.m. • Norton Brownsboro Hospital cafeteria

Join J. Kirk Grynwald, M.D., orthopaedic specialist, for a free seminar and Q&A session about options for treating arm and hand pain. To register, call (502) 629-1234 and mention promo code "LM-Hand" or visit NortonHealthcare.com/PartsInMotion.

John Spear
Shoulder & elbow surgery



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